

EFC CLASS SCHEDULES – NOVEMBER 2017

Cycle/RPM Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a	LES MILLS RPM Paula (45)	LES MILLS RPM Jamie (45)	Cycle Audrey (45)	Cycle Matt (45)	Cycle Audrey/Cynthia C. (45)		
9:00a	Cycle Cynthia C. (45)	Cycle Tanya (45)	LES MILLS RPM Paula (45)	Cycle Goldei (45)	Cycle Cynthia C. (45)	Cycle/RPM Kate/Niki (45)	
10:00a							Cycle/RPM Cynthia C./Emily S. (45)
AFTERNOON							
2:00p							Cycle Stephanie/Dana (45)
4:45p		LES MILLS sprint Cynthia (30)		LES MILLS sprint Paula (30)			
5:30p	Cycle Goldei (45)	LES MILLS RPM Emily M. (45)	LES MILLS RPM Niki (45)	Cycle Carmina (45)			

Group Ex Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
5:30a		Total Body Grace (60)		Ultimate Conditioning Grace (60)		
9:00a	Step 101 Macey (55)	LES MILLS BODYSTEP ATHLETIC Paula (55)	Double Step Macey (55)	LES MILLS BODYPUMP Elsie (55)	LES MILLS BODYCOMBAT Lara (55)	LES MILLS BODYSTEP ATHLETIC Paula/Megan (55)
10:00a	LES MILLS BODYPUMP Amanda (55)	ZUMBA Tamika (55)	LES MILLS BODYPUMP Paula (55)	ZUMBA Sohailla (55)	LES MILLS BODYPUMP Marcy/Jeannie (55)	LES MILLS BODYPUMP Marcy/Amanda (55)
		Tabata Cardio Bag Cynthia (55)		Tabata Cardio Bag Mary (55)		
11:00am	ZUMBA Tamika (55)	Light n Fit Nassab (55)	LES MILLS CXWORX Paula (30)	LES MILLS BODYVIVE 3.1 Nassab (55)	LES MILLS BODYJAM Kat (55)	ZUMBA Alt. (55)
AFTERNOON						
4:30p	Muscle Works Cynthia (55)	LES MILLS BODYATTACK Johanna (55)		LES MILLS BODYSTEP ATHLETIC Megan (55)		
5:30p	LES MILLS BODYCOMBAT Marlon (55)	LES MILLS BODYPUMP Marlon (55)	LES MILLS BODYCOMBAT Marlon (55)	LES MILLS BODYPUMP Marlon (55)		
	TRX Audrey (55)		TRX Audrey (55)			
6:30p	ZUMBA Alfred (55)	LES MILLS BODYJAM Kat/Goldei (55)	LES MILLS BODYPUMP Marlon (55)	ZUMBA Alfred (55)		



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Zen Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a	Sunrise Salutation Diana (60)	Sunrise Salutation Diana (60)	Sunrise Salutation Diana (60)	Sunrise Salutation Diana (60)	Sunrise Salutation Diana (60)		
8:00a	Yoga Amanda (55)		Yoga Grace (55)		Restorative Yoga Alexis (55)		
9:00a	Pilates Julia (55)	Total Barre Catherine (55)	Pilates Julia (55)	Flow Yoga Jessica Y. (55)	Total Barre Mary (55)	Total Barre Mary (60)	
10:00a	Tabata Barre Mary (55)	Yoga Miesje (55)	Tabata Barre Mary (55)	Total Barre Jane (55)	Pilates Libby (55)	LES MILLS BODYFLOW Paula (55)	
11:00a	LES MILLS BODYFLOW Amanda (55)		LES MILLS BODYFLOW Amanda (55)		LES MILLS BODYFLOW Paula (55)	LES MILLS CXWORX Paula (30)	Hot Vinyasa Selina (60)
AFTERNOON							
3:00p							Yin Yoga Miesje (55)
4:30p	Kids Cardio Andrea (45)	Pilates Libby (55)		Pilates Jessica B. (55)			
5:30p	LES MILLS BODYVIVE 3.1 Nassab (55)	Booty Barre Beverly (55)	Total Barre Jane (60)	Booty Barre Beverly (55)			
6:30p	Hot Power Yoga Alexis/Nancy (60)		LES MILLS BODYFLOW Paula (55)				
7:00p		Hot Vinyasa Nancy (60)		Hot Vinyasa Nancy (60)			

RunFit Club

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING							
5:30a		RunFit Jennifer		RunFit Jennifer			
9:00a	RunFit Amy						
AFTERNOON							
5:45p		RunFit Laura		RunFit Laura			



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Results

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING						
5:30a		LES MILLS GRIT STRENGTH Paula (30)		LES MILLS GRIT CARDIO Paula (30)		
6:00a	Boot Camp Xpress Jermel (30)		Boot Camp Xpress Jermel (30)		Boot Camp Xpress Jermel (30)	
8:00a	OrangeFit Jermel (60)	Boot Camp Mike (60)	OrangeFit Jermel (60)	Boot Camp Mike (60)	OrangeFit Jermel (60)	
		The Playground Ian (60)			The Playground Ian (60)	
9:00a	Boot Camp Catherine (60)	Boot Camp Libby (60)	Boot Camp Catherine (60)	Boot Camp Corey (60)	Boot Camp Libby (60)	LES MILLS GRIT STRENGTH Alt. (30)
	Synergy Mary (60)		Synergy Mary (60)	The Playground Ian (60)		Synergy Libby (60)
10:00a	Boot Camp Corey (60)	LES MILLS GRIT STRENGTH Paula (30)	Boot Camp Catherine (60)	LES MILLS GRIT PLYO Kim (30)	Boot Camp Mary (60)	Boot Camp Mary/Libby (60)
		Synergy Jermel (60)		Synergy Libby (60)		
EVENING						
4:00p	OrangeFit Jermel (60)		OrangeFit Jermel (60)		OrangeFit Jermel (60)	
5:00p	Timed X Jermel (30)	Timed X Jermel (30)	Timed X Jermel (30)	Timed X Jermel (30)		
5:30p	Boot Camp Jermel (60)	Boot Camp Jermel (60)	Boot Camp Mary (60)	Boot Camp Jermel (60)		
6:30p	Boot Camp Jermel (60)	Boot Camp Jermel (60)	Boot Camp Jermel (60)	Boot Camp Patience (60)		
	The Playground Ian (60)	Synergy Joel (60)	The Playground Ian (60)			

